

# The 7 Parent-Centric Principles of *No-Yell™* Parenting

1. Connection matters more than perfection.
2. The better you do, the better your child does.
3. Your child wants to please you.
4. Behavior is an SOS, not an attack.
5. Small changes lead to big results.
6. What you focus on increases
7. Families are dynamic systems where all members affect each other.